



End of Summer Salad

Serves 4

Ingredients:

- 1 fresh lime, juice & zest of
- 1/4 cup extra-virgin olive oil
- 1 teaspoon honey
- 1 green onion, thinly sliced
- ½ jalapeño, seeded and thinly sliced
- 1 tablespoon coarsely chopped cilantro
- Sea salt
- Black pepper
- 1 cup cook shrimp
- 1 cup Edamame
- 1 cup fresh corn kernels (raw, from 2 ears)
- 2 Apricots or 2 North Carolina peaches, cut into thin wedges
- 1 avocado, cut into 1/2-inch cubes
- 1 large orange bell pepper, finely julienned
- 1 cup heirloom cherry tomatoes, halved

How to make:

1. In a large bowl, whisk the lime zest and juice with the olive oil and honey; add the green onion, jalapeño and cilantro; season with salt and a twist of black pepper.
2. Gently fold in the shrimp, edamame beans, corn, apricots, avocado, orange pepper and tomatoes. Place the finished salad into a large salad bowl or onto four serving plates and serve.

Flat Bread Shrimp

Serves 2-4

Ingredients:

- 1 tablespoon sesame oil
- 3 cloves garlic, minced
- Pinch crushed red pepper flakes, plus more for garnish
- 2 cups large shrimp, peeled and deveined
- Freshly ground black pepper
- Juice of 1 lemon
- 1 home made whole wheat flat bread or store-bought whole wheat flatbread
- Olive oil spray
- 1 cup shredded mozzarella
- 1 teaspoon chopped fresh chives
- Cilantro sprigs for garnish

How to make:

1. In a large frying pan and place over a medium-high heat, add the oil, followed by the garlic and cook for 1 minute without browning. Add red pepper flakes and continue to cook for 1 minute more.
2. Add shrimp and season with pepper. Sear 2 minutes per side. Squeeze in the lemon juice (deglaze) and cook for a further 1 minute until most of the liquid has evaporated, and the shrimp is nearly cooked all the way through, then remove from heat.
3. Spray the sheet pan lightly with olive oil, place on the flatbread and sprinkle with 2/3 cup mozzarella and top with shrimp mixture. Scatter over the remaining mozzarella and bake until the cheese has melted and the flatbread is golden brown, 12 to 15 minutes.
4. Garnish with red pepper flakes, chopped chives and sprigs of cilantro and spoon over any leftover pan juices.

Kumat Salad

Serves 4

Ingredients:

- 2 cups kumat
- 4 cups low in sodium vegetable stock
- 2 cups strawberries, hauled and cut into quarters
- 3 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- 2 tablespoons of olive oil
- 1 leek, washed and cut into thin strips (optional)
- 1 tablespoon freshly chopped basil
- 1 tablespoon freshly chopped mint
- 3 tablespoon extra-virgin olive oil
- ¼ cup goats cheese, crumbled

How to make:

1. Place a large saucepan over a medium heat on the stove, add kumat and stock, bring to a boil, then turn down to a simmer, cook for 20 to 25 minutes or until all the stock has been absorbed and the kumat is tender. Remove the pan from the stove, and allow the kumat to cool.
2. Place the strawberries in a small bowl, pour over the balsamic vinegar, sprinkle with brown sugar, and allow to macerate for at least 15 minutes while the kumat cools.
3. Take a frying pan and place on a medium to high heat, pour in the oil, when hot cook the strips of leek in batches until crispy, remove and place on dish paper to absorb the oil.
4. To assemble, take a large salad bowl, spoon in the cold kumat, stir in the chopped herbs, oil, and cheese, scatter over the strawberries and top with the crispy leeks.

Oven Baked Flounder with Pistachio Pesto & Accent Grains

Serves 4

Ingredients:

- 4 tablespoon olive oil
- 1 cup loosely packed fresh basil, chopped
- 2 tablespoons chopped pistachios nuts
- 2 tablespoons chopped pumpkin seeds
- 1 lemon, juice of
- Sea salt
- Freshly ground black pepper
- 1 ½ cups accent grains
- 4 cups low in sodium vegetable stock or water
- 1 can diced low in sodium tomatoes
- 4x 4oz to 6oz pieces of flounder

How to Make

1. Pre-heat oven to 385°F
2. In a small bowl, combine 3 tablespoons of oil, chopped basil, pistachios nuts, pumpkin seeds and the juice of one lemon, season to taste.
3. Place a medium size saucepan on the stove over a medium heat, add the grains and stock. Bring to a boil, then turn down to a simmer. Cook for 15 to 20 minutes or until the grains are tender. Finish by stirring in the can of diced tomatoes.
4. Line a sheet pan with foil, brush the remaining 1 tablespoon of oil over the foil. Place on the flounder fillets, season with salt and pepper and lightly brush with any remaining oil. Pop into the oven for 8 minutes, then spread the pesto over each fillet and continue to cook for a further 3 to 4 minutes or until the fish is cooked to your liking.
5. To serve, divide the grains between four warm plates and top with a portion of flounder. Serve with a nice big green salad or a selection of roasted vegetables. Enjoy!!!!